

INSIDE THIS ISSUE:

Teen ROAdeo 2

Dr. DeNoble 2

**HOPE Health
Expo 2**

**CHNS
Updates 3**

**Around the
Region 4**

P.R.I.D.E.



Kids take “PRIDE” in Good Behavior

The smacking-together of drumsticks booms out of a classroom at North Heights Junior High School in Texarkana. Incoming fifth-graders from across the district use the instruments to pound out stress — banging on the floors and walls. Down the hall, former University of Arkansas running back Brandon Barnett leads students in a chant: “Focus, faith, follow-through,” they say in unison. It’s a mantra to stay out of trouble. In another area, students dash through an obstacle course — cones and ropes and beams. They must communicate and work together to finish.

In its third year, P.R.I.D.E. Academy is a weeklong camp that seeks to steer children away from risk-taking behavior. P.R.I.D.E. — an acronym for Personal Responsibility In Daily Effort — also fosters healthy relationships between students and law enforcement officers. Any incoming fifth-grader

in the Texarkana School District can enroll, said founder Kristi Mitchell, the Public Information Officer at the Texarkana Police Department. This year, 125 children enrolled — many of whom were recommended due to a history of behavioral infractions at school. Data from the Arkansas Prevention Needs Assessment show that fifth grade is a pivotal year for youth development. That school year is a threshold for when children begin engaging in sustained criminal activity and risk-taking. To combat that possibility, Texarkana police officers and peer mentors volunteer to help lead the academy.

Students partake in different service learning opportunities, such as packing boxes at food banks and cleaning up trash in public parks, in addition to traditional summer camp activities, such as creating and performing skits. In one workshop, the Dallas-based group Extreme

Youth Leadership teaches students about environmentalism along with hygiene, and other topics promoting decision making and refusal skills.

Since the program began in 2012, the Texarkana School District has seen a decrease in student discipline referrals, which could result in detention, suspension or expulsion, said the district superintendent, Becky Kesler. Fighting, disrespecting teachers, bullying and truancy are common types of referrals. For the 2012-13 school year, after the first academy, discipline referrals for fourth- and fifth-graders were down 47 percent. Last year, rates decreased 53 percent. The camp — which is free to all students and costs about \$85,000 to run — creates opportunities for children to bond with one another and with police officers, Kesler said.

Elyssa Cherney
Arkansas Democrat Gazette
August 10, 2014
Partial article Used

Teen Driving ROADeo in Union County

PRIDE Youth Programs partnered with Arkansas Children's Hospital on August 14 to host a Teen Driving ROADeo for Union County teens.

Ten stations were set up to help educate new drivers on safety, vehicle maintenance, and driving



rules.

Educational topics included the Graduated Driver's License, texting and driving, how to charge a battery and change a tire, driving under the

influence, what to do when stopped by a law enforcement officer, driving through flood waters, passing "big rigs," Act 811 (smoking in cars),

safety at railroad crossings, and what causes increased insurance premiums.



After completing rotation through all of the stations with an accompanying adult, participants received

a t-shirt and dinner and each teen was given a car care kit.

Changing Youth Norms Regarding Tobacco

Victor DeNoble, PhD, was the guest speaker at the "Changing Social Norms through Youth Engagement" workshop presented by the Tobacco Prevention and Cessation Program (TPCP) on September 4th in Little Rock. Dr. DeNoble worked as a research scientist for Phillip Morris in the 1980's and eventually became a whistle blower who testified before Congress about the addictive properties of nicotine.

Audience members were captivated

with his story of finding a nicotine substitute to reduce heart risks, the suppression of having his work published, and several perilous events that preceded his congressional testimony. He concluded with a presentation on addiction and the brain's response to nicotine and other addic-



tive substances. DeNoble is also the subject of the film documentary

"Addiction Incorporated" released in 2011.

Tobacco grantees and Hometown Health support staff, including Community Health Nurse Specialists and Promotion Specialists, were among those in

attendance at the workshop.

HOPE Coalition's Family Health Expo

The HOPE Coalition sponsored the 19th Annual Family Health Expo on August 23rd which hosted 32 health related exhibits and activities for the 500 participants. The event began as "Shots for Tots" many years ago and then grew into the Children's Health Expo which again morphed years later into the Family Health Expo. Over 4,300 flyers were sent home through all county schools to promote the 2014 Health Expo and encourage the entire family unit to participate. Local radio programs ran interviews with Les Patterson, Hope Water & Light, and Terrie James, Hempstead County Extension Agent, to advertise the activities and educational topics at the Expo.

The event offered a variety of services from Rainbow of Challenges to the Health Department's many programs. Hope Schools, along with the Hempstead Extension office, provided opportunities for the youth and parents to get some glowing fake germ lotion and then see how well they washed their hands by going into Germ City. A multitude of health screenings were provided by Wadley Regional Hospital such as, Cholesterol, Triglycerides, glucose and PSA with prostate exams by Dr. Dale Goins. Vision and hearing screenings were offered by Dr. Sandra Sooman, which is a local Pediatrician. Other booths included the fire truck, EMS, along

with fun learning activities. There were 7 community agencies that financially supported the event which yielded many door prizes such as bicycles, Ipod, and GPS instruments just to name a few.



CHNS Back in College

On August 27 and 28, Rhonda McDonald, RN, CHNS and Edie Greenwood, RN, CHNS went to Southern Arkansas University. They presented Hearing Screening Certification, Vision Screening Certification, Scoliosis Certification and Obesity Prevention and Education to 32 student nurses and instructors. Presentation included incidence of ear infections for children exposed to SHS. Discussed SHS and 3rd hand smoke exposure. Also, discussed the benefits and counseling opportunities for youth through the Quitline. Presentation included the fact that smoking interferes with bone healing. CHNS discussed with the class how some doctors will refuse to operate or accept patients that smoke due to how smoking hinders bone healing. Using the approved slide presentations; "Mass Clinics in Schools and Communities" and "Flu Vaccine Administration" prepared the class to work at the Columbia Mass Flu Clinic and school clinics in SW Region. CHNS instructed students in the use of safety glide needles. HIPAA training was completed using the approved ADH information and test. Student nurses were given many resources to use during this school year for their community health rotation.

Cultural Diversity and Bullying

Joy J. Carrington, D.MIN, M.DIV, MSW, LMSW, Health Program Specialist II with the Office of Minority Health & Health Disparities (OMHHD) lead a discussion with 75 staff at Prescott School District about cultural diversity in the school setting. Edith Greenwood, RN, CHNS presented Understanding and Intervening in Bullying Behavior using the slide presentation from Creating a Safe and Respectful Environment in Our Nation's Classroom as part of the information from Stop Bullying.gov Edie also presented the slide presentation on Mandated Reporting from the Department of Education that was developed by the Arkansas Commission on Child Abuse, Rape and Domestic Violence. Mandated reporting is mandatory training for all teachers and aides every 3 years.



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SOUTHWEST CHNS & CHPS CORNER

Food Service Workshops

On August 1st, Rhonda McDonald, RN, CHNS hosted a Food Service Update for 20 school food service workers at South Central Co-Op. Presentations included: Overview of Health Dept. Services by Rebecca Wright, Administrator; Food Safety and Food Sanitation Updates by Ashley Nale, EHS Supervisor; Ken Morris, DIS presented information about Sexually Transmitted Diseases and self protection. Rhonda presented Child Maltreatment for school staff.

On August 12th, Cheryl Byrd, RN, CHNS hosted a Food Service Update for 50 food service professionals in DMEC schools. Topics included Food Safety by Joey Woodfield; New Child Nutrition Guidelines for SY 14-15 by Vicki Hill, ADE; Burn Safety by Amber Files, RN at ACH; Domestic Violence by Courtney White, SWADVC; Cardiovascular Health by Kelly Hardin, RN, ANP; Stroke Prevention by Lauren Scott, CHES, AR Saves. All participants provided with handouts, educational tools, and resources.

On August 13th, Edie Greenwood, RN, CHNS hosted a workshop at SW AR Education Co-Op for food service employees. Presentations included: Food Safety and Food Sanitation Updates by Sundee Braley, EHSII, updates from the Child Nutrition Unit by Vicki Hill, SNS; and Food Safety and Storage Guidelines for USDA Foods by Shirley Nicholson, DHS Commodities Division and Larry Banks from Memphis discussed the partnership between his non-profit and Prescott School District to provide an after school meal for students in the district. Interspersed throughout the day was information on skin cancer and how to reduce your risks for developing skin cancer.

These workshops provide 6 hours of the 10 hours of required yearly in-service.

Updating School Nurses

Cheryl Byrd provided an annual School Nurse Update to 17 DeQueen/Mena school nurses. Topics included New Immunization Requirements, Sexual Health and STD prevention, Domestic Violence Resources, E-bola Virus update, CPR in Schools, Upcoming Events, School Flu clinics, and School Nurse Resources (Materials on Legal Issues in School Health, Seizure Training, ATV Safety Toolkit, IHCP, Clinical Guidelines and SN Guidelines by NASN). All nurses provided with copies of the new Immunization Requirements, current contact list of all DMEC SNs, Upcoming Events, CPR in Schools Commissioners Memo.



2014 Adolescent Health Project

The 2014 Adolescent Health Project concluded on August 7, 2014. The event was sponsored by the BaHCC Coalition, the Ross Foundation, the Clark County Extension Homemakers, and the Farm Bureau Women's Committee. There were 5 teens that completed the entire project. The group of teens received exercise and fitness training 2 times a week with a trainer. The teens also meet with a dietitian 1 time a week for nutrition counseling and education. They also met with a mental health counselor 1 time a week. The participants received incentives throughout the project. Tommie Rogers, CHNS, helped with snacks and material distribution. JoAnn Vann, Cooperative Extension Agent, taught 2 healthy cooking classes for the participants and their parents.



SOUTHWEST REGION HOMETOWN HEALTH

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- On average, seven people per day die in U.S. home fires.
- Smoking is the leading cause of home fire deaths. Cooking is the leading cause of home fires and injuries. Two of every five home fires start in the kitchen with 34% of these fires being due to unattended cooking.
- 60% of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms. Working smoke alarms cut the risk of dying in reported home fires in half.
- Only 33% of Americans have both developed and practiced a home fire escape plan.
- Children under 5 face a higher risk of scald burns associated with cooking than being burned in a cooking fire. Microwave ovens are the leading home product associated with scald burn injuries seen at emergency rooms.
- The leading factor contributing to heating equipment fires is failure to clean chimneys. Space heaters were involved in 33% of home heating fires and 81% home heating deaths. Half of home heating fire deaths resulted from fires caused by heating equipment too close to things that can burn.

Around the Region

Union County hosted, Tamara Baker, School Based Wellness Center Coordinator for Arkansas Department of Health, at the ribbon cutting for the new El Dorado School Based Health Center (SBHC) at Washington



Middle School. The clinic will offer on-site physical, dental and mental health services to more than 700 students and staff at the school. According to Debbie McAdams, SBHC administrator, the school clinic will be staffed by a nurse practitioner three days a week and a dentist once a week. A consent form signed by a parent or guardian is required for students to receive services. There are 23 school-based health centers across Arkansas. They are made possible through

the state tobacco excise tax that was enacted five years ago.

Ouachita & Calhoun Counties hosted Child Safety Seat and Installation Trainings by Arnell Washington, Rural Health Specialist. The Child Safety Seats were provided by the Southwest Arkansas Trauma Regional Advisory Council (SWATRAC). Arnell also provided tobacco prevention information including Act 811 and Quitline in the training.

Hot Spring County Health Unit hosted a farewell party for Marietta Blasingame, APN, on Friday, September 30th. Friends, family and colleagues joined ADH Director Dr. Nate Smith and SWR Director Don Adams in celebrating Marietta's 30

years of service to public health with a retirement party at Hot Spring County Health Unit. She received her 30 years of service plaque from the agency as well. Marietta has served as a nurse practitioner for Southwest Region and will be missed not only by her colleagues but by her patients as well. Happy Retirement Marietta!

Ouachita County is determined to keep their Senior Citizens safe and healthy. Arnell Washington, Rural Health Specialist, has partnered with the South Arkansas Center on Aging to promote health education among local seniors. One project is the monthly distribution of the "Savvy Senior Segments" Flyers to churches and community organizations in Camden. "Savvy Senior Segments" flyers provide healthy recipes, safe injury free physical activities, along with Tobacco Prevention messages including the SOS Quitline number.

